



**City of Gig Harbor Police Department
Lateral Entry Police Officer
Physical Agility Test (PAT) Requirements**

The Gig Harbor Police Department (GHPD) PAT is comprised of three (3) tests:

- **300 Meter Run**
- **Maximum Push-Ups (no time limit)**
- **Sit-Ups (One Minute)**

These tests are Pass/Fail. The minimum acceptable standards are as follows:

300 Meter Run	71 seconds or less
Push-Ups	21 in one attempt
Sit-Ups	30 within one minute

For more information about these tests or standards, please visit the Washington State Criminal Justice Training Commission website at www.cjtc.state.wa.us.

Please note that GHPD does not include the 1.5 mile run as part of the PAT. Candidates must meet the minimum standard for each test to successfully pass the PAT and move on to the Oral Board portion of the selection process.